



**DMZ tour:
Gain
perspective
on why U.S.
forces are
here**

See pages
6 and 7

NEWS BRIEFS

Money to families of deceased

Congress weighed in recently to make the two certainties in life, death and taxes, a little bit less painful. Families of almost 500 Air Force members who died on active duty since Sept. 10, 2001, are receiving an additional \$6,000 beyond the death benefits they originally received. They will also be reimbursed for taxes already paid.



Courtesy photo

Fit to deploy

Staff Sgt. Rebekah Virtue, 35th Medical Operations Squadron, gives "Col. Buddy" an immunization before his deployment to whereabouts unknown. During his visit at Misawa Air Base, Japan, Buddy was sworn into the Air Force, commissioned to the rank of colonel and received an F-16 Fighting Falcon incentive flight. The doll belongs to Macy Emery, a seventh-grade student at Pawcatuck Middle School in Stonington, Conn. Miss. Emery's geography teacher gave each student a doll to see how far the doll could travel around the United States and the world. At each stop, the doll is supposed to "learn" about local cultures and return with information, such as pictures and other souvenirs. Buddy will return to Miss. Emery in April.

Newspaper survey

The *Wolf Pack Warrior* staff is conducting a newspaper survey. The survey was sent via email to all members of the 8th Fighter Wing Monday. The survey takes about 10 minutes to complete. The last day to take the survey is Dec. 19. This survey will help the 8th FW Public Affairs Office ensure it meets the needs of its readers. The results of the survey will be published Jan. 9. Any changes resulting from this survey will also be unveiled at that time.

PFE changes with feedback

Master and senior master sergeants studying for promotion in 2005 will have a combined study reference because of feedback. The consolidation of the Promotion Fitness Examination Study Guide and Supervisory Examination Study Guide into one reference is the result of an ongoing feedback process officials said.



**Days to UCI
68**



Photo by Staff Sgt. David Miller

FELIZ NAVIDAD: Members of the combined chapel choir sing Christmas carols at the base Christmas tree lighting Wednesday outside building 755. Col. Robin Rand, 8th Fighter Wing commander, and Santa Claus were on hand to give the cue to light the tree. Squadrons also presented squadron holiday cards that will be posted around the tree.

Wolf Pack battles holiday blues, publicizes programs to help

By Capt. Krista Carlos
8th Fighter Wing Public Affairs

With the holiday season upon us, Wolf Pack leadership has made it a priority to promote suicide awareness and help members combat depression.

Since Kunsan Air Base is one of the only true remote assignments in the Air Force, it is often difficult for 8th Fighter Wing members to be separated from their families and friends during the holidays.

Col. Robin Rand, 8th FW commander, wants all Wolf Pack members to know there are several organizations, events and people on base that can help members who may be feeling depressed or contemplating suicide during these tough times. "The chapel stands ready to help our people any time, anywhere," said Colonel Rand.

"Chaplains are available 24-7. We know that the holiday season is a tough time for the troops so the chapel has proactively been addressing the reality of

"We know that the holiday season is a tough time for the troops so the chapel has proactively been addressing the reality of depression and suicide for a number of weeks."

— Chaplain (Lt. Col.) Ron Underwood
8th Fighter Wing head chaplain

depression and suicide for a number of weeks," said Chaplain (Lt. Col.) Ron Underwood, 8th Fighter Wing head chaplain

One such event was the Thanksgiving revival. It was intentionally timed to give encouragement folks at the beginning of the holidays.

"Our chaplains have also been spending more time than usual visiting the units,

being a part of squadron functions, spreading cheer and looking for those who may be showing signs of depression," said Colonel Underwood. "We are also significantly increasing the activities at the Sonlight Inn to encourage everyone to get out of their dorm rooms and get involved."

The chapel isn't the only base organization that has programs to help prevent holiday depression. Colonel Rand said another organization that can help Wolf Pack members deal with loneliness or depression is the 8th Medical Group Life Skills Center.

"Depression does often increase around the holidays," said Capt. Pamela Novy, life skills support element chief and clinical psychologist. "The life skills office offers educational classes, to include stress management, as well as individual and group therapy for a variety of problems like suicide risk management and depression."

see SUICIDE, page 3

The art of followership

By Maj. Mark Piccalo
8th Services Squadron commander

A pack of wolves is one of the most efficient and most lethal hunting teams that exist in the wild. Part of the success of the species can be attributed to their hunting technique.

Although the pack has only one leader, they hunt as a team and it takes a total group effort to bring down prey. In a sense, every member of the pack has perfected the art of being a good follower, and as a result, the pack thrives.

As members of the 8th Fighter Wing Wolf Pack we can learn a valuable lesson from our wild brothers — the art of followership.

When I was a new officer at my first assignment, I remember asking a senior NCO in the squadron what my responsibilities were. His reply remains with me because it was clear and concise and his words are as relevant now as they were then. He said, “It’s your job to support the boss.” Over the years that bit of fairly general guidance has served me well. I’ve learned that to be a good leader, you need to be a good follower first.

Likewise, good leaders must foster and teach followership. Too often we overlook followership as an important trait in our subordinates and in ourselves. It’s important for all of us to understand what followership means and to teach it and embrace it.

If a leader doesn’t understand the essence of followership he or she may unintentionally squelch the efforts of well-meaning subordinates. Similarly, those who don’t understand what it means may unintention-

ally undermine the decisions of the boss.

I believe the basis for becoming a good leader lies in years of practice being a good follower. In fact, most of us will spend considerably more time being a follower than being a leader, so why not spend some time learning how to be good at it?

What defines a good follower? The answer is not simple because different scenarios require different levels of followership, but there are some general guidelines we all should review from time to time as part of our recurring training on how to be a good follower.

One of the most important aspects of being a good follower is to develop a keen sense of responsibility — responsibility for your subordinates and responsibility for your actions.

Similarly, a good follower understands the importance of being technically proficient. You do this by staying in the books and maintaining your technical competency, even as you rise through the ranks. This makes you more valuable to the boss because he or she relies on you to solve problems. Often times, your boss doesn’t have time to fully research a problem. So whatever course of action you recommend will be the solution the boss recommends up the chain.

This leads to another important trait of a good follower — thoroughness. This may be one you didn’t

“Followership: n. 1. The capacity or willingness to follow a leader 2. following.”

— Definition of followership
Webster’s Dictionary

expect. Certainly it’s not a trait as commonly heard of as dependability, loyalty, or honesty, but it is a trait that deserves our attention as we strive to become better followers.

Thoroughness means going the extra mile to get

the facts when the boss asks for information or gives you a problem to solve. It involves thinking about all the options, seeking supporting information from a variety of sources, being a critical thinker, and identifying any unintended consequences of your recommended solution. It also means anticipating your boss’ questions, as well as the questions his boss may ask.

While this is by no means an all-inclusive list of the traits of a good follower, it’s a pretty good starting point. Next time you see your commander, ask him or her what they consider important traits in a good follower. I’m sure they’ll give you a couple of good qualities to add to the list.

As the Air Force continues to evolve into a lighter and leaner force, good followership becomes even more critical to the effectiveness of the force. The importance of good followership as a prerequisite to becoming a good leader should be stressed at all levels and practiced by every airman. After all, practicing the art of good followership may be the best way to prepare yourself to one day become “leader of the pack.”

Action Line

782-2004

action.line@kunsan.af.mil



Col. Robin Rand
Commander, 8th Fighter Wing

The Action Line is your direct line to me. Use it if you have concerns or suggestions about the Wolf Pack that can’t be resolved through the agency involved or your chain of command. When you call, please leave your name, a phone number where you can be reached and a brief description of your problem or concern. You can also send an e-mail to action.line@kunsan.af.mil.



LISTEN

Wolf Pack Radio 88.5 FM

Weekdays — 5 to 10 a.m.

Request songs at 782-4373

or www.afnkorea.com

WATCH

AFN Korea News

Weeknights at 6 and 10 p.m.

Channel 6

PACAF sends holiday safety message

By Gen. Bill Begert
Pacific Air Forces commander

HICKAM AIR FORCE BASE, Hawaii — The holiday season is quickly approaching. Soon you will gather with family and friends to celebrate the blessings you have received in the previous year. While traditionally a time of great joy, it is also a time of increased risk.

Once again, we find ourselves spread out across the globe in defense of our country. I am grateful to each and every one of you for the effort you are giving, but I want to stress the importance of caution and safety dur-

ing the holiday season. This past year, we lost a record number of airmen to needless vehicle mishaps. There was a recurring theme in the majority of them ... excessive speed and the use of alcohol. If history is any indication, we will lose more airmen this holiday season. I do not want the statistics to reflect you in that number.

In order to ensure you remain off the stat sheet, you only need to do one small thing ... act-assess, consider, take. Assess the environment for risks, consider the options to limit the risks, and take appropriate action to mitigate the risks. In order to win the fight, we must arrive at it. I wish you a safe holiday season.

AIR FORCE LITHOGRAPHS

Available from Public Affairs at building 1305



**WOLF PACK
WARRIOR**
Vol. 18, No. 40

Defend the base
Accept follow-on forces
Take the fight North

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Submissions

Deadline for submissions to the **WOLF PACK WARRIOR** is noon Thursdays for the next week’s edition. Submission does not guarantee publication. The staff reserves the

right to edit all submissions to conform to Air Force journalism standards, local style, and available publication space. Submissions should be e-mailed to wolfpackwarrior@kunsan.af.mil and include the author’s name, rank and duty phone. Fax and typewritten submissions are also accepted.

Contact Us

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We can also be reached by phone at 782-4705, by e-mail at wolfpackwarrior@kunsan.af.mil, or by fax at 782-7568.

MONTHLY SORTIE GOALS

Unit	Goal	Flown
35th FS	304	148
80th FS	312	150
8th FW	616	298



Community standard

USFK curfew hours

Sunday through Thursday nights:

Must be on base by midnight

*Friday and Saturday nights and
eves of U.S. holidays*

Must be on base by 1 a.m.

*Or as otherwise determined by 8th
Fighter Wing commander*

Wolf Pack sergeant jailed for unlawful entry, indecent assault

By Capt. Chris Brown
8th Fighter Wing Legal Office

A staff sergeant from the 8th Operations Support Squadron was court-martialed for violating article 134 of the Uniform Code of Military Justice, indecent assault and unlawful entry, Dec. 3 at Kunsan Air Base.

Staff Sgt. John Goolsby was accused of illegally entering a co-worker's dormitory room and sexually assaulting her Oct. 9. He was charged with unlawful entry and indecent assault. The sergeant pleaded guilty in front of a military judge and was sentenced to be reduced to E-4 and to serve six months confinement.

Wolf Pack members should be familiar with the increased focus the 8th Fighter Wing has placed on preventing sexual assaults. Commanders, the Air Force Office of Special Investigations, the 8th Security Forces Squadron, and the legal office have briefed Sexual Assault Facts and Education and the contributing factors to sexual assaults at commander's calls. The briefings are an attempt to educate Wolf Pack members on ways to prevent themselves from becoming a victim.

This is the first sexual assault court-martial this year, and the facts of the case demonstrate how one of the top contributing factor, alcohol, often plays a role in this type of crime.

In this case, Sergeant Goolsby was intoxicated the evening of the assault. While drunk, he went to the victim's room and knocked on her door. When she did not answer, he proceeded outside to her window and ripped a hole in the screen of the window. He climbed into the room and sat on the victim's bed. Although sexual intercourse did not happen, he repeatedly touched her even though she told him "no" several times. When the victim said "no" again, Sergeant Goolsby left the room through the door.

There were several aggravating factors in this incident. First, the victim was a co-worker of the offender. Second, the offender was married. Finally, the sergeant had to climb through a window in order to commit this crime.

The day the incident occurred, Sergeant Goolsby confessed to security forces. He later decided to enter into a plea agreement whereby he would plead guilty at a special court-martial tried by a military judge alone. Because he pleaded guilty, the maximum sentence he faced was reduction to E-1, forfeiture of two-thirds pay per month for 12 months, confinement for 12 months, and a bad conduct discharge.

The offender paid a serious price for his actions. He could spend the next six months in a federal prison. He will have a felony conviction on his record for the rest of his life. He will have to regis-

ter as a sex offender in accordance with the laws of whatever state he lives in. He will lose his non-commissioned officer status.

Sergeant Goolsby was by all accounts a superb NCO prior to this incident. This case demonstrates how even airmen with solid service records face harsh penalties for their actions.

There is a clear message to be sent out by this case: sexual assault is a very serious crime. The 8th Fighter Wing will use all its resources to investigate these offenses and ensure justice is achieved in the prosecution of those who wrongfully commit sexual assaults.

Uniform Code of Military Justice

Article 120, Rape:

Maximum punishment: Death or other lawful punishment such as imprisonment for life, forfeiture of all pay and allowances, reduction to E-1, and a bad conduct or dishonorable discharge.

Elements:

- That the accused committed an act of sexual intercourse; and
- That the act of sexual intercourse was done by force and without consent.

Definitions:

"Sexual intercourse" is any penetration, however slight, of the female sex organ by the penis. An ejaculation is not required.

Both force and lack of consent are necessary to the offense. Force is physical violence or power applied by the accused to the victim. An act of sexual intercourse occurs "by force" when the accused uses physical violence or power to compel the victim to submit against her will.

If the alleged victim consents to the act of sexual intercourse, it is not rape. The lack of consent required, however, is more than mere lack of acquiescence. If a person, who is in possession of her mental and physical faculties, fails to make her lack of consent reasonably known by taking such measures of resistance as are called for by the circumstances,

the inference may be drawn that she consented. Consent, however, may not be inferred if resistance would have been futile under the totality of the circumstances, or where resistance is overcome by a reasonable fear of death or great bodily harm, or where the victim is unable to resist because of the lack of mental or physical faculties.

Article 134, Indecent assault:

Maximum punishment: Dishonorable discharge, total forfeitures, five years confinement, and reduction to E-1.

Elements:

- That the accused assaulted a certain person who is not the spouse of the accused;
- That the acts were done with the intent to gratify the lust and, or sexual desires of the accused; and
- That, under the circumstances, the conduct of the accused was to the prejudice of good order and discipline in the armed forces or was of a nature to bring discredit upon the armed forces.

Definitions:

Conduct prejudicial to good order and discipline is conduct which causes a reasonably direct and obvious injury to good order and discipline. Service discrediting conduct is conduct which tends to harm the reputation of the service or lower it in public esteem.

Information courtesy of 8th Fighter Wing Legal Office

JA needs tax reps

By Senior Airman
Cat Trombley
8th Fighter Wing Public Affairs

Once the hustle and bustle of the holiday season is over, tax time is right around the corner.

The 8th Fighter Wing Legal Office is looking for a few volunteers who are enthusiastic, quick learners and can work with limited supervision to be volunteer income tax advisors. VITAs will prepare income tax returns, and answer the Wolf Pack's tax questions.

Each volunteer will receive training and can expect to work around four hours a week, said Staff Sgt. Hope Sims, legal office and tax program coordinator.

"An IRS senior tax specialist will provide training from Jan. 20 to 23. Individual training on Tax Wise, a program used to prepare tax returns, prior to the opening of the tax center," she said. "Each VITA should expect to contribute at least 40 hours between Feb. 1 and April 15, 2004.

In the 2002-2003 tax season, the tax center helped save the Kunsan community approximately \$226,000 in tax prepara-

MyPay, W-2s

Leave earning statements will be sent via MyPay and W-2's will be next starting Jan. 1. In order to be prepared for 2004, all Wolf Pack members will have to have access to MyPay. To do this, log on to <https://mypay.DFAS.mil>.

New users can click on "need new PIN" and the system will mail a PIN within seven to 10 duty days, or visit the 8th Comptroller Flight to receive one.

Information courtesy of 8th
Comptroller Flight

tion and filing fees.

"The success of the tax center depends on the number and quality of volunteers provided by each squadron," said Col. Robin Rand, 8th Fighter Wing commander, in a memorandum to the squadron commanders.

Sergeant Sims said she needs two volunteers for every 100 people a squadron has.

For more information or to volunteer, call Sergeant Sims at 782-4283 or email her at hope.sims@kunsan.af.mil.

SUICIDE, continued from page 1

Finally, the Wolf wants to remind the Wolf Pack that the Operation Holiday Cheer Program, organized by the 8th Services Squadron, is other effort to help airmen cope with the stress holidays can bring.

"The 8th SVS has really worked hard to plan events to keep the Wolf Pack busy from Thanksgiving through the New Year with Operation Holiday Cheer," said Tech. Sgt. Kelley Stewart, Operation Holiday Cheer Public Affairs representative. "We have publicized events from talent shows to sporting events to celebrity visits, so there should be no reason Wolf Pack members should be sitting alone in their rooms for the holidays."

With all the programs and events the 8th FW provides, base professionals have some advice for members who may have a friend or co-worker who is battling depression and possibly the idea of suicide.

"During the holidays, the best advice I can give is look out for each other. Be alert to the signs of depression in each other that can lead to thoughts of suicide. Spend extra time with those who are struggling emotionally and be sure to invite them to activities. Don't let that 'loner' be alone at this time of year. And finally, be careful of your alcohol intake. Alcohol and/or drugs have been involved in every single case of suicide I have ever been connected with as a chaplain," said Colonel Underwood.

"While there is a strong and cohesive community at Kunsan, I would encourage everyone to take a hard look at the folks around them to make sure they are looking out for everyone," said Captain Novy. "Many times, people with depression will isolate themselves. Although everyone

needs some 'alone time,' it is our responsibility to seek out individuals who appear to be isolating themselves. It's important for everyone to ensure no one is left 'out of the pack.'"

The following are indicators of depression:

- Persistently sad, anxious, or "empty" mood.
- Feelings of hopelessness, pessimism.
- Feelings of guilt, worthlessness, helplessness.
- Loss of interest or pleasure in hobbies and activities that were once enjoyed, including sex.
- Insomnia, early-morning awakening, or oversleeping.
- Decreased appetite and/or weight loss, or overeating and weight gain.
- Fatigue, decreased energy, being "slowed down."
- Thoughts of death or suicide, suicide attempts.
- Restlessness and irritability.
- Difficulty concentrating, remembering, making decisions.
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain.

For more information, call the life skills center at 782-4562.

Courtesy of www.medicinenet.com

Q & A

Col. Rand: Six months in

Editor's Note: The following is an interview between the **Wolf Pack Warrior and Col. Robin Rand, 8th Fighter Wing commander. It's a six-month progress report on the Wolf Pack.*

Wolf Pack Warrior: What are your impressions of the Wolf Pack now that you've been here for six months?

Col. Robin Rand, 8th Fighter Wing commander: Unbelievable. I love it! It's by far the most rewarding assignment of my career. I've told people it's hard to describe what it's like being in the Wolf Pack and being the Wolf unless you've been stationed at Kunsan. The mission focus, esprit de corps, and overall attitude of the troops assigned to the 8th FW are what impress me the most. I sensed that the first day I was here, and it's continually been reinforced over the last six months.

WPW: Have your priorities for the wing changed over these last six months? If so, what are they?

Colonel Rand: No. My priorities when I first arrived were mission accomplishment and quality of life. They absolutely remain my focus.

On the mission side of the house, "defend the base" will remain a top priority. Because of the Global War on Terrorism money we recently received from Pacific Air Forces, force protection measures in the 8th FW will continue to improve. We'll also continue to spend wisely on facilities we need should we ever have to "accept follow-on forces." Repairs to our runway, taxiways, flightline maintenance facilities, combat medical facilities, and military vehicle fleet will all remain top priorities in the months ahead. Finally, I asked the operations group to concentrate more on our night capabilities, so there has been an increased amount of night flying over the past three or four months. This will continue for as long as I'm the Wolf because if called upon to "take the fight north," there is no doubt the Wolf Pack will be tasked to conduct demanding night combat operations.

On the quality of life side ... while I believe it has improved in many areas, we've tried to concentrate as much as possible on the dorms. Through good old fashioned volunteer work by many organizations in the 8th FW like the company grade officers council, airmen's council, and 8th Maintenance Group Self Help team, etc.; dedicated civil engineer personnel and dorm managers; and increased leadership involvement at the first sergeant, senior NCO, and command level; and end of year fall-out dollars have all resulted in significant improvements to where our people live. Are the dorms perfect? No; far from it. Are they getting better? Absolutely, and they're going to continue to get better. We're going to build new dorms, replace beat-up furniture with new and improved furniture, and continue to improve the dorms that we now have. We've also tried to improve the quality of community-related activities we offer. Take Operation Holiday Cheer as an example. More than 80 social events from Thanksgiving through New Years will be hosted to include several movie marathons, three-on-three basketball tournaments, Sonlight Inn Friday night home-cooked meals and Saturday game nights, base-wide talent show, 25-cent bowling, an all day Christmas Eve Loring Club Open House, and many other events. I could go on, but this illustrates the type of community outreach that exists in the Wolf Pack. The good news is it's only going to get better with facilities like our new fitness center, commissary, and base exchange extension due to open in early summer, the renovated community center, new dorms, and a new billeting facility coming on line soon after that. While this might not help some of us currently assigned to the Wolf Pack, it is going to make Kunsan a much better place in the near future.

Another big priority I've stressed since my arrival, and one I will continue to stress, is personal accountability. This involves acting responsibly and within the boundaries of good order and discipline, both on and off duty. Generally, I think most of our warriors are doing great in this area, and many of the indicators we track support this claim. At every weekly newcomers briefing, I always remind people how to have a successful Wolf Pack tour. Four relatively simple rules:



Photo by Senior Airman Cat Trombley

THE WOLF: Col. Robin Rand, 8th Fighter Wing commander, was interviewed by Tech. Sgt. Kelley Stewart, 8th Fighter Wing Public Affairs, about the progress the Wolf Pack has made since Col. Rand assumed command in June.

do things to make the Wolf Pack better, do things to make yourself better, take care of each other, and maintain [United States Air Force] standards. Most of our folks are on board with this philosophy.

WPW: What are your expectations for the Wolf Pack in regards to the new Chief of Staff of the Air Force fitness test?

Colonel Rand: I really think it's going to improve the health and morale of the Air Force and certainly those assigned to the Wolf Pack. Because of our family separations, many of us fill that void by working out and getting into better shape. Across the Air Force, physical fitness is becoming a way of life. I firmly believe though, as with everything the Wolf Pack does, we are going to set the standard for the rest of the Air Force to follow. The good news is Kunsan will have the tools available to do so. Our fitness center will be world-class, allowing Wolf Pack members every opportunity to get and stay fit-to-fight. We're all going to participate in physical fitness programs which will allow us to better accomplish our mission.

WPW: What areas does the Wolf Pack excel in, and what do you think the Wolf Pack needs to work on?

Colonel Rand: There are too many areas that the Wolf Pack excels in to list in this interview so I'll mention three. First, the positive attitudes, from the young airmen to the senior NCOs, are contagious here. I'm always amazed by this. I have done many Wolf calls in the past six months, but very few people really complain. Trust me, folks ask me "pointed questions" and make suggestions about ways to make things better, but there is very little complaining. Consequently, our mission focus is superb and our morale is better than any organization I've served with. Finally, as I mentioned earlier, I've never been at a place that has more services or community activities oriented for the troops. My hat is off to all of you.

So what can we work on now? Well, we need to sustain what we're doing. Again, one of my areas of concern is personal accountability, on duty and off duty. The other thing we can improve on is to work harder at ensuring continuity. This has really been reinforced as we prepare for our PACAF Unit Compliance Inspection. We need to ensure we have good processes in place, and need to make sure these processes are communicated properly. About the only way for this to happen at a place like Kunsan, is to write down our

processes, review them periodically, and share them with those who will replace us before we depart.

WPW: What has been your most memorable experience so far?

Colonel Rand: Wow, that is almost an impossible question to answer because there are too many to choose from. If allowed only one, I would have to say the Brig. Gen. (ret) Robin Olds, Wolf 1, visit. His impact across the 8th FW was unbelievable.

WPW: What has been your greatest challenge?

Colonel Rand: I'm surrounded by so many pros in the 8th FW. Wolf 2; sensational group and squadron commanders; the Wolf Pack chiefs, senior NCOs, and first sergeant; a great staff and front office personnel; and the warrior members of the Wolf Pack, who are some of the most dedicated men and women in the Air Force. They all make my job easy and extremely rewarding. However, there are still plenty of challenges. Trying to effectively allocate our resources has been my biggest one. Lots of competing priorities in the 8th FW are drawn from the same limited pot of money. At the end of the day, I count on the commanders to help me work through this as best we can.

WPW: What would you like to see the Wolf Pack accomplish by the end of your tour?

Colonel Rand: I say it every week. I want the Wolf Pack to be mission ready, and we are! We've got to be able to take the fight north at a moment's notice. But what I'd like to see the Wolf Pack accomplish, is what I already mentioned earlier. Do something to make the Wolf Pack better, do something to make yourself better, take care of each other, and maintain U.S. Air Force standards. If we do these things, we're going to meet the mission requirements and improve the quality of life at Kunsan. Those are my goals.

It's really an honor and a privilege to be the commander of the 8th Fighter Wing. I want to thank the members of the Wolf Pack for their service, and I want to thank their families for their sacrifices while we're here defending the Republic of Korea. It's a worthy cause, but it's not easy. I greatly appreciate what folks are going through, especially at this time of the year.

The last thing I want to do is to wish everyone a wonderful holiday season. Enjoy this special time of the year as we reflect on "Peace on Earth and Goodwill Towards Man." In January, we start a very busy winter season, and I look forward to my remaining time as the Wolf. Thanks, everyone.

WOLF PACK Crime Watch

Dec. 1:

Loud noise complaint — An airman first called the security forces control center to report loud noise coming from dormitory 1303. Patrolmen made contact with an Army private and briefed him on the 24-hour noise discipline.

Medical response — A senior airman radioed the SFCC and said an airman first class had passed out while on post. An investigation revealed the airman was feeling sick to her stomach and suddenly blacked out. She was taken to the clinic for medical treatment

Dec. 2:

Confiscated weapons — During a fire drill in dormitory 1401, security forces found two people who had pellet guns in their rooms. The pellet guns were taken away.

Damage to government property — A staff sergeant called the SFCC and said a water hose rack on building 2823 had been damaged.

Fire response — An airman first class with fire control called the SFCC and said there was a fire alarm going off in dormitory 1512. An investigation revealed an electrical error had caused the alarm to go off.

Medical response — A technical sergeant called the SFCC and said a senior airman had been found highly intoxicated and unresponsive in the third floor hallway of dormitory 1430. The senior airman was taken to the clinic for evaluation.

Article 128, Assault consummated by a battery — An airman first class called the SFCC and said a physical altercation had occurred between an Army sergeant and a specialist at the community center. Both soldiers were taken into custody.

Dec. 3:

Damage to government property — A civilian employee called the SFCC and said a government vehicle had been damaged. He said he had been on annual leave from Nov. 28 to Dec. 2 and there was no damage to the vehicle Nov. 28.

Fire response — A senior airman from fire control called the SFCC and said there was an alarm activation at building 802. An investigation revealed low air temperature had set the alarm off.

Medical response — A senior airman called the SFCC and said he needed medical assistance. He said he'd fallen and hit the back of his head. The senior airman was taken to the clinic.

Dec. 4:

Fire response — A senior airman with fire control called the SFCC and said there was a fire alarm going off in dormitory 1511. An investigation revealed an alarm malfunction.

Loud noise complaint — A technical sergeant radioed the SFCC and said there was loud noise coming from dormitory 1430. A patrolman made contact with a staff sergeant and briefed him on the 24-hour noise discipline.

Article 117, Provoking speeches or gestures; Article 121, Larceny and wrongful appropriation; Article 108, Military property of the United States—sale, loss, damage, destruction — An airman first class called 911 and reported an attempted suicide in dormitory 1512. An airman was intoxicated and cut her arm. After being transported to the medical clinic the airman fled. After a search of the base, she was found and arrested.

Medical response — A staff sergeant called the SFCC and said a person was having chest pains in dormitory 1511. A senior airman was taken to the clinic for medical attention.

Dec. 5:

Loud noise complaint — An airman first class called the SFCC and said there was loud noise coming from dormitory 1303. Patrolmen made contact with and airman first class and briefed him on the 24-hour noise discipline.

Loud noise complaint — An anonymous caller telephoned the SFCC and said there was loud noise coming from dormitory 616. Patrolmen made contact with an airman first class and briefed him on the 24-hour noise discipline.

Fire response — A staff sergeant called 911 and said there was a fire alarm going off in dormitory 1511. An investigation revealed an alarm malfunction.

Dec. 6:

Medical response — An anonymous caller telephoned 911 and said he was running a fever and was feeling weak in dormitory 1246. The fire chief terminated the emergency.

Loud noise complaint — A staff sergeant called the SFCC and said there was loud noise coming from dormitory 1430. Patrolmen made contact with a staff sergeant and briefed him on the 24-hour noise discipline.

Fire response — A senior airman called 911 and said there was a small grease fire in the second floor kitchen of dormitory 614. An investigation revealed the cause of the fire was a build up of grease. The fire was already extinguished when fire and security forces arrived.

Medical response — A senior airman called 911 and said an airman first class had injured himself in his room located in dormitory 616. An investigation revealed the airman first class had slipped and fallen in the shower injuring his shoulder. The airman first class was taken to the clinic for treatment.

Patrol response — A senior airman called the SFCC and said a male and a female, both senior airmen, were involved in a verbal confrontation. A patrolman gave the male a lawful order to return to his room and to stay away from the female for the rest of the night.

Article 128, Assault consummated by a battery; and Article 134, Dereliction of duty — An airman first class called 911 and said an alleged fight had taken place outside building 1027. The victim, a staff sergeant, was taken to the clinic for medical attention. The airman first class said three unknown people had assaulted the staff sergeant. A senior airman identified a staff sergeant as the person who had struck the victim with a closed fist causing a facial bone below the left eye to break and swelling to the entire face. He was charged with Article 128. Two other staff sergeants were identified as being with the accused staff sergeant and were charged with Article 134.

Dec. 7:

Fire response — An airman first class with fire dispatch called the SFCC and said there was a fire alarm going off in building 1506. An investigation revealed there was no fire.

Courtesy of the 8th Security Forces Squadron

AMXS troop exemplifies mission

By 1st Lt. Herb McConnell
8th Fighter Wing Public Affairs

The 8th Fighter Wing has a number of airmen who make the mission possible.

One job that directly affects the mission of “take the flight north” is that of a crew chief, and according to Master Sgt. Patrick McNamara, 8th Aircraft Maintenance Squadron, Senior Airman Jeremiah Kuykendall, 8th AMXS, is not only one of the best crew chiefs the Wolf Pack has, but he is one of the best troops in the wing.

Airman Kuykendall is the assistant crew chief for an F-16 with the tail number 310, and is one of the last people who checks over the jet before it takes off for a mission and is the first to see it come back.

“The operational tempo here is higher than most places, and we train more. Other bases can be more relaxed, but here, the north could attack at any minute so we have to be ready – more on alert,” Airman Kuykendall said.

Kuykendall, whose nickname is “huge” because of his tendency to spend most of his free time at the gym, said his



Photo by 1st Lt. Herb McConnell

WHAT IT TAKES: Senior Airman Jeremiah Kuykendall inspects the undercarriage of an F-16 Fighting Falcon.

hobby gives him the stamina he needs to accomplish his part of the wing’s mission.

But he said he can’t do it alone. He is just a small part of a crew that gets Wolf Pack F-16s in the air.

“Avionics troops take care of the radar and Heads Up Display and all the flight controls, while [the weapons section] is in charge of the munitions. They load the munitions and make sure they are able to deploy correctly. Crew chiefs do the inspections, the servicing of the jet, and we have maintenance duties,” said Airman Kuykendall.

Kuykendall is a go-to guy who works hard to keep his F-16 flying. He takes pride in his jet and pride in being a member of the Wolf Pack.

OF THE PRIDE PACK

Job: 8th Aircraft Maintenance Squadron commander’s support staff

Duties: Resource advisor

Hometown: Maple Heights, Ohio

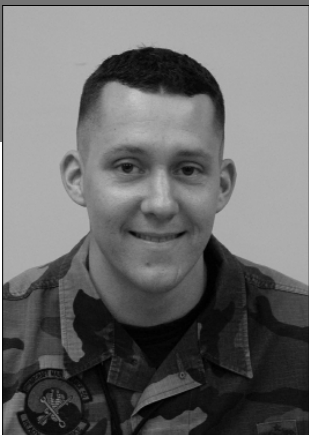
Follow-on: Eglin Air Force Base, Fla.

Hobbies: Sports and weight lifting

Favorite music: Rock

Last good movie you saw: “The Rundown”

Best thing you’ve done at Kunsan: Getting involved with Little Sisters of the Poor.



Tech. Sgt.
Steve Zellers

“During his time here, Sergeant Zellers has shown true dedication, professionalism, and pride in his job. Since he took over as the squadron resource advisor, Sergeant Zellers has demonstrated exceptional skill and managerial ability. He expertly managed over \$400,000 in funds in support of the 35th Aircraft Maintenance Unit deployment to Exercise Commando Sling, greatly contributing to the outstanding success of the Joint Chiefs of Staff-directed exercise. Further, he aggressively managed the squadron’s end-of year budget closeout. His superior management of fallout funds enabled the squadron to purchase \$229,000 worth of rain gear and gortex clothing and \$521,000 of replacement tools. In addition to the above duty accomplishments, Sergeant Zellers contributes to the base and local communities. He spearheaded formation of the squadron intramural bowling team and was chosen as team captain. He also was voted in as treasurer of the squadron Top-4 and has volunteered for the squadron Christmas party committee. He visits the Little Sisters of the Poor elderly home and participated in a Korean/American religious cultural exchange to Mokpo, Korea. Sergeant Zellers’ outstanding accomplishments certainly deserve the recognition and title of ‘Pride of the Pack.’”

Maj. Walter Lindsley
8th Aircraft Maintenance Squadron commander

The public affairs office wants to know what you like and don’t like in the **Wolf Pack Warrior**.

*Surveys were sent via email Monday to all Wolf Pack members. Fill out the survey and simply send it to the **Wolf Pack Warrior** survey inbox at*

WolfpackWarriorSurvey@Kunsan.af.mil

DMZ: Keeping thin



Photos by 1st Lt. Herb McConnell

DMZ: Army Pfc. Michael Choate, Joint Security Force escort, briefs Wolf Pack members about the Demilitarized Zone as they stare into North Korea. More than 100 Wolf Pack members visited the DMZ Dec. 12. The tour is mandatory for all 8th Fighter Wing members. To sign up, call the family support center at 782-5627.



WALKING TO NORTH KOREA: Wolf Pack members enter a building located half in North Korea and half in South Korea used for meetings and tours. Visitors have a chance to stand in North Korea while inside the building.



Souvenirs: Airman Mahalia Eans, 8th Communications Squadron, browses one of the DMZ gift shops.

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OBSER
Squadro

gs in perspective

By 1st Lt. Herb McConnell
8th Fighter Wing Public Affairs

More than 100 people stationed here traveled to the Security Area of the Demilitarized Zone at Panmunjom, Korea, that has acted as the stand off point for North and South Korea since the 1953 armistice. Visitors receive an in depth briefing of the history of the DMZ, and a tour of the front line. This trip helped put into perspective why we are here in Korea [by explaining] the history, and the problems,” said Capt. Lisa Bader, 8th Medical Support Squadron, who was on the trip. Another tour group member, Capt. Paul Graddon, 8th Fighter Wing Man Power Office, said the experience of seeing such a historic location first hand gave him a better perspective on the Koreans. “The North Korean guards were peering at us through binoculars. You can read about it or watch documentaries, but until you’ve been to the DMZ, you don’t fully appreciate the tension between North and South Korea,” he said. Capt. Paul Dawson, 8th Fighter Wing legal officer, said that the best part of the trip was learning more about the area in a historical context. “It’s truly fascinating how many people have died in this area during peacetime without such incidents leading us to go to war,” he said. One of the main focuses of the tour is the 1976 Panmunjom Axe Murders. A tragic story about the South Korean People’s Army at Panmunjom who killed

Army Lt. Mark Barrett and Army Capt. Arthur Bonifas in an axe and beating attack. “The two were part of a detail set out to protect a group of civil engineers who were trimming a tree for better visibility. The two officers were surrounded and killed by an overwhelming number of North Korean attackers,” said Army Spc. Bryce Mahoney, Joint Security Area escort. “The North Korean’s explanation was that Kim Jung Il had planted the tree as a small child and it was sacred. Subsequently, the tree was chopped down and proven to be at least 200 years old, which would make the North’s explanation for the attack impossible,” he said. After the attack, joint forces launched Operation Paul Bunyon and wiped out all of the trees in the area. This time, they were heavily armed and the North did not intervene, Specialist Mahoney said. According to DMZ tour literature, it has only been since the 1980s that the DMZ has become a sight open for tours, and each person wanting to visit has to sign a declaration stating, the Joint Security area is a neutral but divided area guarded by United Nations Command military personnel on the one side (South), and Korean People’s Army personnel on the other (North). The document also says that by signing, visitors understand they are entering a hostile area, and there is a possibility of injury or death as a direct result of enemy action. This just reminds people that every day we are standing here with the South Koreans, eyeball to eyeball with them to protect this part of the world against communism, said Specialist Mahoney.



GUARD: A South Korean soldier stands at a modified ready position of Tae Kwan Do with only half of his body exposed to the North so as to make him a smaller target.



OBSERVATION: Senior Master Sgt. David McKinney, 8th logistics Readiness Squadron, and his wife walk along an observation area at the DMZ.



NORTH KOREA: A “farming community” in North Korea as seen from the DMZ; the community has large speakers that play propaganda throughout much of the day and is home to one of the highest and largest flags in the world. When winds are blowing hard enough to fly the flag, it reaches three stories high. The propaganda tells South Koreans the city is a safe community for them to live in, but in reality, it is not inhabited by anyone.

7

DAYS

Friday

Free food night The Loring Club offers a pasta buffet 6 to 9 p.m. for club members.

Howlin’ Bowl The Yellow Sea Bowling Center offers Howlin’ Bowl starting at 6 p.m. The cost is \$6 per person.

Midnight breakfast The Loring Club offers midnight breakfast 11 p.m. to 2:30 a.m.

Karaoke The Falcon Community Center offers karaoke 8 p.m. to midnight.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m and 6 p.m. Busses depart Osan at 6 and 10 p.m. Tickets are \$12.50 for general Wolf Pack members or \$11.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

Saturday

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 and 10 a.m. Busses depart Osan at noon and 4 p.m. Tickets are \$12.50 for general Wolf Pack members or \$11.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

Midnight breakfast The Loring Club offers midnight breakfast 11 p.m. to 2:30 a.m.

Country night The Loring Club has a Country night in the ballroom.

Flea market The Falcon Community Center offers a flea market 10 a.m. to 2 p.m. Wolf Pack members can bring used items to sell for cash.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. Busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2. For more information, call 782-4619.

Sunday

Brunch Extravaganza The Loring Club offers entrees and side dishes for Sunday brunch 10:30 a.m. to 1 p.m. The price is \$11.95 per person for club members.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and noon. Busses depart Osan at noon and 6 p.m. Tickets are \$12.50 for general Wolf Pack members or \$11.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. The busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2.

Monday

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and 1 p.m. Busses depart Osan at noon and 6 p.m. Tickets are \$12.50 for general Wolf Pack members or \$11.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

Movie madness The Falcon Community Center offers a double feature movie madness at 6 p.m.

Pizza Dinner The Loring Club offers 50 cent pizza 6 to 8 p.m.

Tuesday

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and 1 p.m. Busses depart Osan at noon and 6 p.m. Tickets are \$12.50 for general Wolf Pack members or \$11.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

Birthday celebration The Falcon Community Center celebrates December birthdays at 7 p.m. with cake and free phone cards for those celebrating a birthday.

Football Frenzy The Loring Club offers Monday night football at 6:30 p.m. in the enlisted lounge.

Discount bowling The Yellow Sea Bowling Center offers discount bowling.



Photo by Staff Sgt. David Miller

SAVE THE LAST DANCE: Tech. Sgt. Gary Townsend demonstrates a country dancing move with Staff Sgt. Vanessa King, both of the 8th Maintenance Group, to more than 30 Wolf Pack members Saturday during country line dancing lessons at the Loring Club. Country night is held in the ballroom twice a month and every Thursday night in the lounge. The dance lessons were part of Operation Holiday Cheer.

Each game is \$1 and shoe rental is free.

Wednesday

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and 1 p.m. Busses depart Osan at noon and 6 p.m. Tickets are \$12.50 for general Wolf Pack members or \$11.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

Free food The Loring Club offers club members super subs 6 to 9 p.m.

Karaoke The Falcon Community Center offers karaoke 8 p.m. to midnight.

Thursday

Pingpong The Falcon Community Center offers a Pingpong tournament at 7 p.m. The tournament is best two out of three games. The winner receives a phone card.

DLI 63 Story Building The Falcon Community Center offers a trip to the DLI 63 story building, the tallest building in the far east, Saturday. The building has a sea world, an aquarium and an IMAX theater. The bus departs at 7 a.m. and returns at 8 p.m. Sign up by today. The cost is \$20/\$16.

Outback Steakhouse The Falcon Community Center offers a trip to Outback Steakhouse and Wal-Mart in Seoul. Bring enough Won for purchases. The bus departs at 8 a.m. and returns at 8 p.m. Sign up by today. The cost is \$20/\$16.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and 1 p.m. Busses depart Osan at noon and 6 p.m. Tickets are \$12.50 for general Wolf Pack members or \$10.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

Submit events for 7-Days by sending an e-mail to wolfpackwarrior@kunsan.af.mil. Submissions must include time, date, place, point of contact and phone number.

MOVIES

Saturday

“*The Matrix Revolutions*” (R)
7 and 9:30 p.m.

Sunday

“*Intolerable Cruelty*” (PG-13) Starring
George Clooney. 6 and 8:30 p.m.

Tuesday

“*Intolerable Cruelty*” (PG-13) 8 p.m.

Wednesday

“*Under the Tuscan Sun*” (PG-13)
Starring Diane Lane and Sandra Oh.
8 p.m.

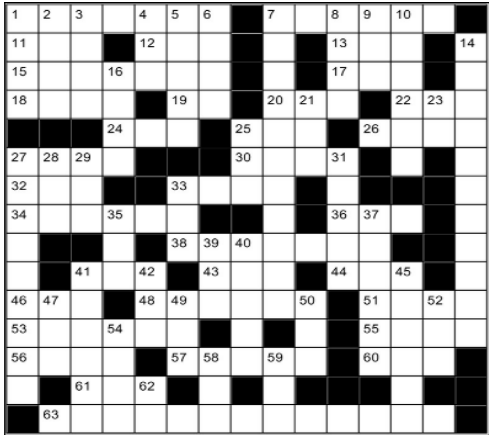
Thursday

“*Under the Tuscan Sun*” (PG-13)
8 p.m.



Today

“*The Matrix Revolutions*” (R)
Starring Keanu Reeves and
Carrie-Anne Moss.
7 and 9:30 p.m.



DOWN

1. Due

2. Navy base in Spain

3. Swerve

4. Computer connection

5. Debts

6. Fashion magazine

7. Name of first heavier-than-air craft made by 1, 7 Across

8. Cargo

9. Hot dog need

10. States

14. Current location of 7 down

16. Let

21. Rumsfeld's office (abbrev.)

23. State home to Barksdale AFB (postal abbrev.)

25. Tolkien character

27. Location of first flight

28. Immediately

29. Single

31. Old

33. George Bush's brother in FL

35. Zodiac sign

37. Italian city of canals

39. World banking fund (abbrev.)

40. Principle

41. Island in the Malay Archipelago

42. Acronym for military member's car

45. Home to 1, 7 across

47. Mining goal

49. Limited

50. Sibling

52. Shannon Sharpe pitched dietary supplement company

54. ____-TASS; Russian news agency

58. Part of a circle

59. Piece of corn

62. State home to Hill AFB

Centennial of Flight

By 1st Lt. Tony Wickman
Alaskan Command Public Affairs

ACROSS

1. Brother who completed first flight on 12/17/1903

7. Brother made last, longest flight on 12/17/1903

11. Anguish

12. Internet provider

13. Three per inning?

15. Forever

17. Picnic pest

18. Bet

19. State home to Offutt AFB (postal abbrev.)

20. Lord

22. Inventor Whitney

24. Navy equivalent to AFB

25. Huhs?

26. Imp

27. Hitch

30. Ford cars

32. Charged particle

33. Comedian Foxworthy

34. Number of seconds first flight lasted

36. St. alternative

38. What 1, 7 ACROSS made prior to planes

41. Smack

43. Military meal?

44. Terminate

46. Drink Yoo-__

48. Presents

51. Org. concerned with atomic power/weapons

53. Come

55. Greenish blue

56. Go

57. Walks through water

60. Military time to go (abbrev.)

61. ____ de cologne; perfume

63. State that was site for first flight on 12/17/1903

Education

CLEP tests The base education and training office will provide CLEP testing on the following days beginning in January. CLEP, DANTES and EXCELSIOR tests Monday and Friday at 8 a.m. This test won't be offered the last Friday of the month. Career Development Course testing Tuesdays at 2 p.m. and Thursday at 9 a.m. ACT, SAT and any other test not mentioned are offered the last Friday of the month at 8 a.m. Testing is in building 1053, room 3. For more information, call Earl Gassery at 782-5148. To make an appointment to test, call 782-5148 or 782-7291.

Test removal The base education and training office has withdrawn the following general CLEP tests: Natural Science, College Mathematics, English Composition, Principles of Accounting, College Level Spanish Language, History of the U.S. I, and History of the U.S. II. For more information, call Early Gassery at 782-4158.

CDC testing Career Development Course testing is Thursdays at 9 a.m. in building 1053, room 3. Unit training managers must make appointments for testing.

Meetings

AFSA The Air Force Sergeants Association meets the second Tuesday of each month at 4 p.m. in the Loring Club Officers' Lounge.

Focus 5/6 The Focus 5/6 welcomes Air Force and Army E-5s and E-6s to meet the second Wednesday of each month at 3 p.m. at the Loring Club.

Top 3 The Kunsan Top 3 meets the second Wednesday of each month at 4 p.m. at the Loring Club.

Airman's Advisory Council The Airman's Advisory Council meets the last Tuesday of the month at 3 p.m. in the Loring Club Officers' Lounge. All airmen, E-1 to E-4, are invited to attend.

FSC

Return, reunion The family support center offers a return and reunion briefing Tuesday 3:30 to 4 p.m. in the chapel sanctuary. No registration is required.

Sponsor training The family support center offers sponsor training Wednesday 10 to 11 a.m. at the Sonlight Inn. For more information or to register, call 782-5644.

Smooth move The family support center offers a smooth move seminar Wednesday 1 to 4 p.m. at the Sonlight Inn. For more information or to register, call 782-5644.

Gunsan walking tour The family support center offers a walking tour of Gunsan Saturday 9 a.m. to 4 p.m. For more informa-

tion or to register, call 782-5644.

Volunteer Opportunities

Sonlight Inn The Sonlight Inn is looking for units to volunteer for Friday meals through the end of the year. If interested or for more information, call Staff Sgt. Sonya Muntz at 782-4300.

CISM peer counselors The life skills support clinic seeks volunteers interested in becoming critical incident stress management counselors. Counselors will receive training. For more information, call 782-4562.

Korean orphanage Wolf Pack members interested in volunteering at the local Kae Chong Orphanage should meet in the military personnel flight parking lot Thursdays at 6:15 p.m. Transportation is provided. For more information, e-mail or call Airman Nathan Biles at 782-5960.

Chapel

Latter-Day Saint Services are Sundays at 3:30 p.m. at the chapel.

Catholic services Mass is Saturdays at 5:30 p.m., Sundays at 9 a.m., and Mondays and every Wednesday through Friday at 11:30 a.m. at the chapel. Catholic Reconciliation is by appointment, Saturdays at 4:30 p.m. and Sundays at 6 p.m. R.C.I.A. is Wednesdays at 7 p.m. in the chapel conference room.

Protestant services General Protestant worship service is Sundays at 11 a.m. and the contemporary praise and worship service and Bible study is Wednesdays at 6 p.m. Both services are conducted in the chapel.

Gospel Gospel services are Sundays at 1 p.m. and the inspirational praise and worship service is Fridays at 7:30 p.m. at the chapel.

Sonlight Inn hours The Sonlight Inn is open every Sunday through Thursday from 6 to 10 p.m. Fridays from 6 p.m. to midnight, and Saturdays from 6:30 a.m. to midnight.

Prayer and Bible studies The chapel hosts several prayer and Bible study groups at the chapel and Sonlight Inn. Groups include:

☐ Men's Bible study Sundays at 5 p.m. at the Sonlight Inn, room 2.

☐ Gospel Bible study Sundays at 11 a.m. at the Sonlight Inn, room 2.

☐ Women's Bible study and fellowship Tuesdays at 6:30 p.m. at the Sonlight Inn, room 2.

☐ Protestant Bible study Sundays at 9:45 a.m. at the Sonlight Inn, room 1.

☐ Intercessory prayer Saturdays at 8:30 p.m.



Photo by Staff Sgt. David Miller

FILL 'ER UP: Senior Airman Araceli Alarcon, 8th Communications Squadron, fills the gas tank of her office's government motor vehicle at the newly renovated service station here. The service station had been closed since April while the storage tanks were either replaced or repaired. The repairs cost approximately \$750,000. The service station is located behind the 600 series dormitories.

in the chapel conference room.

Miscellaneous

COT tours Consecutive overseas tour eligible members are authorized travel and transportation for leave, at government expense, between COT. Members may travel to their home of record or to any other point not to exceed the cost of travel to the home of record. For more information on COT entitlements and eligibility, visit the military personnel flight's outbound assignment's section. For travel arrangements, call the commercial travel office at 782-4052.

Equipment custodians It is mandatory for all new supply equipment custodians and bench stock monitors receive training and be designated as the new custodian in writing by their commander 45 days before the current custodians PCS. For appointment letter samples, or for more information, call the 8th Logistics Readiness Squadron Customer Service Center at 782-5693for equipment, block III training at; for bench stock, block IIA training call 782-5669.

TMO appointment As soon as official PSC orders are received, stop by the traffic management office to schedule a briefing appointment to arrange property pickup. Appointments cannot be made over the phone.

Leadership program The Department of Defense is looking for a minimum of two Air Force nominees, who are majors, to participate

in the 2004 Executive Leadership Development Program. This program is designed specifically for highly motivated, active-duty officers who have demonstrated outstanding leadership ability, commitment to public service, integrity, and have an interest in moving into senior management positions. To be eligible, officers must be in the grade of major and have completed Squadron Officer School and intermediate Developmental Education, either in-residence or by correspondence or seminar. Applications are due no later than Feb. 15. For more information, visit www.afpc.randolph.af.mil/pme. call the military personnel flight's customer service section at 782-5276.

DEERS DEERS, the system used for issuing ID cards, is down 11 a.m. to 3 p.m. every day for daily maintenance. For more information call the military personnel flight customer service at 782-7308.

Fire safety With the holidays approaching quickly, Wolf Pack members have begun decorating and putting up Christmas trees. The fire department would like Wolf Pack members to remember only artificial trees are authorized for use in billeting and dormitory rooms. Places of public assembly may use artificial trees or live trees without lights. Christmas lights bearing an approval seal are authorized for use in windows, but will not be secured with staples, tacks, or nails. Also remember that extensions cords are for temporary use only. Finally, never leave decorations on overnight.

Submit your events for Bulletins by sending an e-mail to wolfpackwarrior@kunsan.af.mil.



Above & Beyond
Continue your career in the
Air Force Reserve

Master Sgt. Mark Kosht
Air Force Reserve Recruiter
DSN (315) 634-5174
mark.kosht@kadena.af.mil

FREE CLASSIFIEDS

To submit an item for Free Classifieds, send an e-mail to wolfpackwarrior@kunsan.af.mil with "classifieds" and the category (Wanted, For Sale or Lost & Found) in the subject block. All submissions must contain member's rank, name and phone number and must originate from the member's e-mail account. No "personal" ads will be accepted. Deadline for submissions is noon Friday a week prior to desired printing. For more information, call 782-4705.

Christmas
Day Buffet

The Loring Club offers a holiday buffet Dec. 25, 10 a.m. to 2 p.m. The cost is \$13.95. Call the Loring Club at 782-4575 for reservations

Birthday meal

The O'Malley Inn Dining Facility hosts the December birthday meal Sunday at 6:15 p.m. Sign up by 7:30 p.m. today. For more information, call Staff Sgt. Candy Williams at 782-5160 or 782-5538.

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Solutions for Dec. 5
Flying into the blue

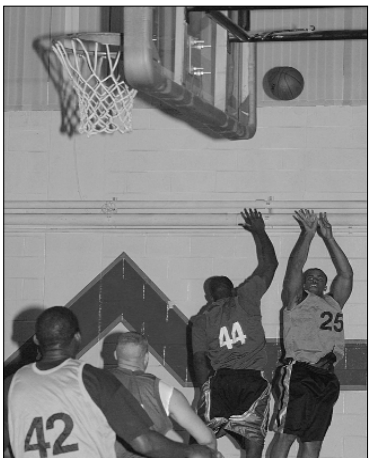
Intramural basketball: AMXS vs. Foxtrot Battery



B-BALL: Malcolm Weston (in the dark jersey), Foxtrot Battery, takes a shot while Brandon Pride, 8th AMXS, tries to block it



LAY UP: Michael Banks, 8th AMXS, lays up two points.



HE SHOOTS: Kemp Thomas, 8th AMXS, takes a shot from downtown against an Army Foxtrot battery player.



Photos by Senior Airman Araceli Alarcon

STEAL: Michael Banks (left), 8th Aircraft Maintenance Squadron, takes the ball down-court while Joey O'Donnell (right), Army 1/43rd Air Defense Artillery Foxtrot Battery tries to steal the ball away. 8th AMXS beat-out Foxtrot Battery 49-38.

SPORTS SHORTS

Basketball tournament

The fitness center has a basketball tournament Dec. 26 at 10 a.m. The tournament is a half-court sweepstakes where Wolf Pack members are given the chance to win a Ford Focus.

Bowling marathon

The Yellow Sea Bowling Center has a 24-hour bowling marathon Dec. 27. Wolf Pack members could win at new Ford Focus for bowling a 300 game.

Chief of staff fun run

The health and wellness center and fitness center's chief of staff of the Air Force 1.5 mile fun run is Mondays. Runners meet at 5:30 p.m. on the service road behind the fitness center.

Kickboxing Aerobics

The fitness center offers aerobic kickboxing classes every Monday, Tuesday and Friday at 5 p.m. at the fitness center. For more information, call 782-4026.

Spinning instructors needed

The fitness center needs two to three spin class instructors to teach spinning classes. The 8th Services Squadron will pay certified instructors. For more information, call 782-4026.



Courtesy photo

Military Academy gets new coach

The leadership at the U.S. Military Academy announced the hiring of Bobby Ross Dec. 9 as the Black Knights' new head football coach. Ross, who has built championship programs at both the collegiate and professional levels, was named the 34th head coach in the history of intercollegiate football at the U.S. Military Academy.

Sunday spin class

The fitness center offers a spin class Sundays at 4 p.m. in the score house of the softball field.

Soccer players needed

Wolf Pack soccer players are needed. Practice is 6 to 8 p.m. Wednesday at the soccer field and 7 to 9 p.m. Sundays in the fitness center. Games are held Saturday and Sunday at the soccer field. For more information, call Tech. Sgt. Timothy Fearnery at 782-5274 or Staff Sgt. Danny Hidalgo at 782-0063.

Fitness center annex

The fitness center annex, located in building 1104 behind the mini-mall, is open from 5 to 8 a.m. and 4 to 6:30 p.m. Monday through Friday. The annex is also available for unit physical training by appointment during other hours. The annex features a variety cardiovascular equipment.

Air Force releasing new fitness instruction

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON — One of the most noticeable changes to the Air Force's new fitness program is that it will be defined by an operational rather than a medical instruction.

The change shows that senior leaders consider fitness an important part of operational readiness, said Maj. Lisa Schmidt, the Air Force chief of health promotions operations.

"As we support the aerospace expeditionary force and the environments we now deploy to, fitness becomes a readiness issue," Schmidt said. "If a person is fit, they are going to be able to tolerate austere environments, the fatigue and the temperature changes."

The full text of the Air Force's new fitness instruction will be available to the force before Jan. 1, she said. The planned release comes less than five months after the service's highest rank-

ing officer told airmen there would be changes in the way the Air Force looked at physical fitness.

"The amount of energy we devote to our fitness programs is not consistent with the growing demand of our warrior culture," wrote Air Force Chief of Staff Gen. John P. Jumper in his July Sight Picture. "It's time to change that."

Besides making physical fitness a readiness requirement, the new instruction also puts an emphasis on commander involvement in unit fitness programs.

"If you look at the July Sight Picture, General Jumper says fitness is a commander's responsibility," Schmidt said. "This instruction puts more responsibility on the commander, not the medical community."

Among other things, the instruction requires unit and squadron commanders to implement and maintain a unit physical-training program and to offer the program at least three times a week.

The instruction also details methodology for conducting fitness evaluations. Schmidt said the instructions for conducting the push-up and crunch portions of the evaluation should be no surprise to airmen. They are the same instructions that have been used at the end of the cycle-ergometry test for the last two years.

"The only change is that the push-ups and crunches will be evaluated for one minute, instead of two minutes," Schmidt said.

The instruction also specifies how to conduct the aerobic portion of the test. Airmen will run on an outdoor course approved by the wing commander. During inclement weather, an indoor running track may be used. Treadmills will not be authorized for fitness evaluations.

The new fitness instruction takes effect Jan. 1, and will make obsolete the current fitness and weight-management instructions, Air Force Instruction 40-501 and AFI 40-502.

Tips to Healthy Eating

Maintain a healthy weight

Appropriate weight depends on many factors including sex, height, age and heredity. Excess body fat increases chances for high blood pressure, heart disease, stroke, diabetes, some types of cancer and other illnesses. But being too thin can increase risk for osteoporosis, menstrual irregularities and other health problems. If you're constantly losing and regaining weight, the health and wellness center can help you develop sensible eating habits for successful weight management. Regular exercise is also important to maintaining a healthy weight.

Courtesy of the health and wellness center



Like sports?

What about writing?

If the answer to both questions is 'Yes,' the public affairs office needs you to write one sports story a week, highlighting a variety of sports, for the *Wolf Pack Warrior*. If interested, call the public affairs office at 782-4705.

SCORES & MORE

BOWLING		
American League		
	W	L
BIO	50	22
LRS A	46	26
Wing Dings	44	28
SFS A	42	30
CE-C	42	30
CE-1	38	34
MXS ARM 1	38	34
Pitching Tens	38	34
MXS FUEL A	36	36
8th SVS	36	36
MSS Safety	34	38
Comm A	32	40
CPTS A	32	40
LRS Hyphenators	28	44
Kwang Ju	22	50
Echo Btry	14	58

Information current as of Nov. 19

National League		
	W	L
AMXS Cobra A	50	22
Ammo	48	24
LRS C	48	24
MXO	48	24
CE 2	44	28
CPTS B	40	32
SFS B	40	32
Comm B	40	32
SFS C	34	38
Lane Waxers	34	38
MXS Fuel 2	30	42
CE 4	30	42
LRS B	26	46
Gate Keepers	26	46
BYE	20	52
Command Post	16	56

Information current as of Nov. 20

INTRAMURAL BASKETBALL		
	W	L
AMXS A	1	1
AMXS B	2	0
ARMY	0	1
CES	1	0
CS	0	2
LRS A	2	0
LRS B	0	2
LRS C	0	0
MGD	0	2
MSS	2	0
MXS A	0	1
MXS B	2	1
OSS	1	1
SFS A	1	0
SFS B	1	0
SVS	1	1

Information current as of Tuesday

New tee time policy

United States active-duty military and Department of Defense civilians assigned to Kunsan Air Base may reserve tee times Monday at 9 a.m. for the following weekend. Everyone else may reserve at tee time Wednesday at 9 a.m.



Fitness center hours

Monday to Friday
4:30 a.m. to midnight

Weekends, holiday
and down days
8 a.m. to midnight

CSAF’s Fitness Challenge: Week 15

By Capt. Tami Childers
Health and wellness center

The 8th Fighter Wing is leading Pacific Air Forces in the percent of FitLinxx-registered members. For those of you not registered, it is important to sign up for Fit Linxx today. For those of you already registered, it is important to continuously log your workouts or else your account will become inactive.

Sign up for FitLinxx today. FitLinxx is a technologically advanced computer network system that can transform your workouts and help you achieve your fitness goals.

Now there is no need to continue to bring your notepad and pencil to the fitness center, the system records your workout for you. Once logged into the system, you are given a personal ID number that lets you access your own workout details and notebook. It’s like having someone permanently on hand to guide you through your personalized exercise program, to track your performance and to update your workout as you progress.

All your workout information is stored automatically, and you can manually log activities such as running, group physical training, or even a game of flag football.

To start using FitLinxx, contact your unit fitness representative or the fitness center staff to get started. Instantly

you will be given your PIN number. By using your PIN number at an exercise machine, you receive monitored, ongoing feedback specific to that exercise.

This constant feedback will help you push yourself and give you the motivation to get the results you want. The system is flexible and has advantages whether you are starting out an exercise routine, or if you are more experienced and like variety in your workout. Ask a staff member about setting up the training partners for your strength program. The training partners are the little screens attached to the different workout stations. By entering your PIN at each station, you will be able to start and set your range of motion your training partner will remember every time you workout for consistent and accurate exercise.

If the only equipment you use are free weights, *Fitlinxx.com* is set up to allow you to manually log in your free weight workout at any-time. Your UFR or the fitness center staff will set up FitLinxx to reflex your personalized free weight program. Separate touch screens are available near the free weight room, which allow you to enter your data.

The manual log for free weights or any other physical activity can be recorded at anytime 24-hours a day. You can register to use FitLinxx On-line by logging on to your base FitLinxx web page at <http://kunsan.fitlinxx.com>. Once

CSAF FITNESS CHALLENGE
WORKOUTS, WEEK 15:

For those of you doing some resistance training on the FitLinxx workout system. Do three resistance training workouts this week. Monday: three sets of 10-15 repetitions, Wednesday: Three sets of 10-15 repetitions, Friday: Three sets of 10-15 repetitions. Sixty seconds rest between sets. Also, you should change the order of your exercises for this week. Test yourself this week. See where you are.

Beginners:

You have moved to the intermediate level. Four workouts this week. Make sure you are getting plenty of rest between workouts, especially because you are moving up from three to four workouts per week.

Monday: 35 minute run at 65-80 percent THR.

Tuesday: 45 minute cross-training workout at 60-70 percent THR.

Wednesday: 35 minute run at 65-80 percent THR.

Friday: 40 minute cross-training workout at 60-70 percent THR.

Intermediate: Three workouts this week

You have moved to the advanced level. The below exercise is from week five’s advance program.

Monday: 40 minute run at 70-85 percent THR.

Tuesday: 60 minute cross-training workout at 60-70 percent THR.

Wednesday: 30 minute run at 60-70 percent THR.

Friday (or anytime during the weekend): Five minute warm-up, followed by a 20 minute run at 75-85 percent THR, then 35 minutes running at 60-75 percent THR.

Advanced: Four to five days a week

It is time to let you develop your own program. Continue a four to five days a week program with at least one to two of those days consisting of cross training. Vary your intensity and time.

For more information, call the health and wellness center at 782-4305.

registered, you can record any cardio exercise, view charts of your workouts and standings among others. Also on-line you will have access

to articles on health, fitness, wellness and nutrition. Allow FitLinxx to work for you so you can spend more time and efforts into your workouts.

Army sergeant selected as U.S. Olympic Greco-Roman wrestling coach

By Tim Hipps

U.S. Army Community and Family Support
Center Public Affairs

Shon Lewis, coach of the U.S. Army World Class Athlete Program wrestlers at Fort Carson, Colo., has been selected as one of three coaches to lead Team USA’s Greco-Roman wrestlers in the 2004 Olympic Games at Athens, Greece.

Lewis will coach alongside USA Wrestling National Greco-Roman coach Steve Fraser of Colorado Springs, Colo., and Andy Seras of Sandy Hook, Conn. All three will share equal responsibilities. The selections have been forwarded to the U.S. Olympic Committee for final approval.

“It is a great honor to be recommended to be on the staff to take our nation’s best athletes to the Athens Games to compete in Greco-Roman wrestling,” said Lewis, 36, of Oakland, Calif. “It is with pride that we work to help develop young athletes to win medals and pursue their goals. It’s an honor to be selected to take on this task.”

A four-time national champion and 13-time Armed Forces champion on the mats, Lewis evolved as a soldier-athlete into head coach of the Army’s

WCAP wrestlers and has led them to three consecutive national team titles.

Now Lewis is tasked to take on the world with America’s best Greco-Roman wrestlers.

“For our team, mental toughness and mat awareness are important,” said Lewis, who led Sgt. Dremiel Byers to the 2002 Greco-Roman heavyweight world championship. “We have to learn to mentally will ourselves to victory. We have to win the last two minutes of every match. That will be a big focus for us, whether it is scoring points or getting the passivity calls.”

Lewis, an infantryman, served as head coach of the 2003 U.S. Greco-Roman World team that finished 13th in Cretiel, France. He also was an assistant coach for the 2002 U.S. Greco-Roman World Team that placed fifth in the World Championships in Moscow, Russia.

“Picking it up a notch, and closing out the match is important,” Lewis said. “As long as we stay focused, we are on the right track. We don’t have to change anything — we just have to get better.”

Lewis, a three-time World Cup U.S. Team member, said he left his wrestling shoes on the mat after being eliminated from the 2000 U.S.

Olympic Wrestling Trials at Reunion Arena in Dallas with a goal of restoring proud tradition to the Army wrestling program.

“That was the main reason I hung up my boots,” he said after completing his first All-Army camp as head coach nearly a year later. “It wasn’t because I couldn’t continue to compete at this level or keep winning. My record speaks for itself. It’s all about winning and giving these young soldiers the opportunity to win. I want to restore that kind of tradition.”

Lewis since has done just that. He coached Byers and Pfc. Tina George to 2002 Army Athlete of the Year honors. George also won a gold medal in the 2003 Pan American Games and back-to-back silver medals in the past two World Championships.

“I think the ultimate way to show you’re sincere about the sport and sincere about the program is to help build the future rather than hindering the future,” Lewis said. “I have a passion for showing technique and teaching.”

WCAP is one of the more than 50 morale, welfare and recreation programs the U.S. Army Community and Family Support Center in Alexandria, Va., provides for soldiers and families worldwide.

Wolf Pack decorates chapel



DEC THE HALLS: Lt. Col. Janet Taylor, 8th Medical Group, decorates the chapel with greenery.



Photos by Staff Sgt. David Miller

OH, CHRISTMAS TREE: Tech. Sgt. Ricky Allenbaugh (left), 8th Maintenance Squadron, Airman Nate Dennis (middle), 8th Logistics Readiness Squadron, and Tech. Sgt. Jason Campbell, 8th MXS, set up an artificial tree at the chapel Saturday. Volunteers decorated the chapel all day to get it ready for the holiday season.



WINTER WONDERLAND: Jeanny Park, a base volunteer, hangs artificial Evergreen branches on the walls of the chapel Saturday.



AWAY IN A MANGER: (Left) Airman Nate Dennis, 8th Logistics Readiness Squadron, and Tech. Sgt. Christine Randle, 8th Maintenance Squadron, make sure the bottom half of the tree is even. Below: Staff Sgt. James Shreve, 8th MXS, sets up the nativity scene at the chapel.

